



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #18

WEEK OF Week 1

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Egg Sandwich				
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole F/V, 3x fresh	Apple- fresh	Orange- fresh	Banana- fresh	Pears- canned, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Bread (WG)	Bagel	Corn Flakes cereal	Granola (WG) (sweet)	Honey Kix cereal (WG)
Other Foods 2x Meat/Meat Alternate	Egg Patty	Cream Cheese		Strawberry Yogurt	
LUNCH	Meatballs with Gravy (CN)	Chicken Stir Fry	Cheese Pizza (CN)	Chicken Alfredo	Tuna
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 2x fresh	Mixed Salad- fresh	Stir Fry Vegetables- frozen	Spinach Salad- fresh	Mixed Vegetables- canned	Carrots- canned
	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Mixed Fruit- canned, unsweetened	Green Beans- canned
Grains/Bread Component 1x Whole Grain	Bow-Tie Pasta	White Rice	Pizza Crust	Bow-Tie Pasta	Whole Wheat Saltine Crackers (WG)
Meat or Meat Alternate 2x highly processed	Meatballs (CN)	Chicken	Cheese Pizza (CN)	Chicken	Tuna
Other Foods	Gravy			Alfredo Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Cheese Crackers			
Fluid Milk	1% Milk		1% Milk		
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Baby Carrots- fresh				Green Apple- fresh
Grains/Bread Component 2x Whole Grain, 1x sweet		Whole Wheat Saltine Crackers (WG)	Graham Crackers	Whole Grain Tortilla Chips (WG) (sweet)	
Meat or Meat Alternate 3x Meat/Meat Alternate		Cheddar Cheese Slice		Hummus	String Cheese
Other Foods					

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 2

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Egg Sandwich	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole F/V, 2x fresh	Pineapple- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Apple- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain	Rice Krispies cereal	Pancakes	Cheerios cereal (WG)	Whole Wheat Bread (WG)	Whole Grain Rice Chex cereal (WG)
Other Foods 1x Meat/MA, 1x sweet		Syrup (sweet)		Egg Patty	
LUNCH	Spaghetti with Meat Sauce	Chicken Taco Salad	Hamburger (CN)	Chicken Tenders (CN)	Turkey Sandwich and Chicken Noodle Soup
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Mixed Salad- fresh	Lettuce, Tomatoes- fresh	Tater Tots- frozen	Peas- canned	Mixed Vegetables- canned
	Orange- fresh	Tropical Fruit- canned, unsweetened	Pears- canned, unsweetened	Mashed Potatoes- dried	Mandarin Oranges- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Spaghetti (WG)	Whole Grain Tortilla Chips (WG)	Hamburger Bun	Whole Wheat Bread (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 2x highly processed	Ground Beef	Ground Chicken, Cheese	Beef Patty (CN)	Chicken Tenders (CN)	Deli Turkey
Other Foods	Tomato Sauce	Taco Sauce	Lettuce Leaf; Ketchup; Mustard	Ketchup	Chicken Noodle Soup; Mustard
SUPPLEMENT <i>Serve 2 of 4 choices.</i>	Cheese Crackers				
Fluid Milk			1% Milk		1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable		Peaches- canned, unsweetened		100% Grape Juice	Apple- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Whole Wheat Saltine Crackers (WG)		Goldfish Crackers	Blueberry Nutri-Grain Bar (sweet)	
Meat or Meat Alternate 2x Meat/Meat Alternate	Cheddar Cheese Slice	Peach Yogurt			
Other Foods					

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WEEK OF Week 3

YEAR 2013

	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Egg Sandwich	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole F/V, 3x fresh	Mandarin Oranges- canned, unsweetened	Green Apple- fresh	Banana- fresh	Pears- canned, unsweetened	Orange- fresh
Grains/Bread Component 3x Whole Grain	Cheerios cereal (WG)	Biscuit	Corn Flakes cereal	Whole Wheat Bread (WG)	Berry Berry Kix cereal (WG)
Other Foods 1x Meat/MA, 1x sweet		Jelly (sweet)		Egg Patty	
LUNCH	Turkey and Gravy	Chicken Salad (HM)	Grilled Cheese Sandwich	Salisbury Steak (CN)	Chili (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Steamed Brussels Sprouts- fresh	Green Beans- canned	Vegetable Soup- canned	Cooked Spinach- frozen	Carrots- frozen
	Baked Sweet Potatoes- fresh	Carrots- canned	Red Apple- fresh	Pineapple- canned, unsweetened	Mixed Fruit- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Saltine Crackers (WG)	Whole Wheat Bread (WG)	White Rice	Oyster Crackers
Meat or Meat Alternate 1x highly processed	Sliced Deli Turkey	Chicken	Cheese	Salisbury Steak (CN)	Ground Beef, Chili Beans
Other Foods	Gravy			Gravy	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk				1% Milk	
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Pineapple Ring- canned, unsweetened				Baked Apples- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet		Pretzel Sticks	Graham Crackers	Whole Wheat Cinnamon Graham Goldfish (WG)	Whole Wheat Animal Crackers (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate	Cottage Cheese	String Cheese	Strawberry Yogurt		
Other Foods					

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST		Peach French Toast		Egg Sandwich	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole F/V, 2x fresh	Mandarin Oranges- canned, unsweetened	Peaches- canned, unsweetened	Pears- canned, unsweetened	Apple- fresh	Banana- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Cheerios cereal (WG)	French Toast Sticks	Whole Grain Rice Chex cereal (WG)	Whole Wheat Bread (WG)	Corn Flakes cereal
Other Foods 1x Meat/Meat Alternate		**no syrup**		Egg Patty	
LUNCH	Tuna Sandwich	Chicken Taco Salad	Sloppy Joes (HM)	Chicken Nuggets (CN)	Hamburger (CN)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 4x fresh	Steamed Broccoli- fresh	Lettuce, Tomatoes- fresh	Green Beans- canned	Peas- canned	Tater Tots- frozen
	Carrots- fresh	Tropical Fruit- canned, unsweetened	Mandarin Oranges- canned, unsweetened	Pineapple- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Bread (WG)	Whole Grain Tortilla Chips (WG)	Hamburger Bun	Whole Wheat Bread (WG)	Hamburger Bun
Meat or Meat Alternate 2x highly processed	Tuna	Ground Chicken, Cheese	Ground Beef	Chicken Nuggets (CN)	Beef Patty (CN)
Other Foods		Taco Sauce	Sloppy Joe Sauce	Ketchup	Lettuce Leaf; Ketchup
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk		1% Milk	1% Milk		1% Milk
Juice, Fruit, or Vegetable 2x whole fruits/vegetable	Banana- fresh	Baby Carrots- fresh			
Grains/Bread Component 1x Whole Grain, 1x sweet			Ranch Goldfish	Whole Wheat Saltine Crackers (WG)	Apple Nutri-Grain Bar (sweet)
Meat or Meat Alternate 2x Meat/Meat Alternate	Strawberry Yogurt			String Cheese	
Other Foods					